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Again the astrologer is requisitioned, and, on the day he fixes, two or three of the women go to the house of the girl-wife, the Ammâyi as they call her (literally "uncle's wife"). They are well treated, and presently bring away the girl with them. As she is about to enter the gate house of her husband's Taravâd, the stile of which she crosses right leg first, two or three of the women meet her, bearing a burning lamp and a brass plate (tâlam) and precede her to the nalukattu of the house. There she is seated on a mat, and a burning lamp and a nazhi (1 measure) of rice and some plantains are placed before her. One of the younger women [married or not I cannot say] takes up a plantain and puts a piece of it in the Ammâyi's mouth; a little ceremony called Madhuram Tital, or giving the sweets for eating. She lives in her husband's house for a few days and is then sent back to her own with presents, bracelets, rings or cloths, gifts of the senior women of the house. After this she is at liberty to visit her husband's house on any day, auspicious or inauspicious.

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"In a big Taravâd, where there are many women, the Ammâyi does not, as a rule, disperse sympathy and good will in the household, and if she happens to live temporarily in her husband's house, as is sometimes though very rarely the case in south Malabar, and to be the wife of the Kâranavan, it is observed that she gets, more than her share of whatever good things may be going; hence the proverb 'Ammâyi Ammayê Kallinmel Vechchittu Mattoru Kallu Kondu Nârâyana'—'Place Ammâyi Amma on a stone and grind her with another stone.'"

[539]

Yet one more extract—a reference taken from my notes. The Rev. S. Mateer, author of a well-known book on Travancore, where he resided something over a quarter of a century I think, informed me ten years ago—he was speaking of polyandry amongst the Nâyars of Travancore—that he had "known an instance of 6 brothers keeping 2 women, 4 husbands to one, and 2 to the other. In a case where 2 brothers cohabited with one woman and one was converted to Christianity, the other brother was indignant at the Christian's refusal to live any longer in this condition." I have not known an admitted instance of polyandry amongst the Nâyars of Malabar at the present day, but there is no doubt that if it does not exist now (and I think it does here and there),

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THE ÔNAM FESTIVAL.

796 The popular festival of Malabar is the Ônam, occurring in the last days of August or early in September. [43] It is the great occasion for general rejoicing, when every one gives and receives presents, when the children are to be seen roaming everywhere gathering flowers, to make the flower carpets which are a distinctive feature of this happy season. For the Ônam is not merely a one-day festival. It lasts three days at least, and the ten days preceding it are occupied in preparations and in games—Ônam games. A writer (a Malayali evidently), in the "Calcutta Review" for January 1899, thus describes the Ônam season:—

796 "There are a great many of these Ônam ballads; but most
539 of them are of a piece with the specimen given. It is a delight to hear them chanted in the early morning hours by bands of light-hearted children with clear bell-like voices;—

Chembil house maiden, little maiden,
What did he give you who yesterday came?
A new dress he gave me, a small dress he gave me,
A lounge likewise on which to recline,
A tank to disport in, a well to draw water from, a compound
To gambol in, a big field to sing in.
Freshen up flowers, oh freshen for me.
On the south and the north shore, in the compound of Kannan, there grew up and flourished a thumba flower plant.
Out of this plant were fifty boats gotten; at the head of each boat a banyan tree grew.
From the banyan there grew a tiny little babe, and a drum and a stick for the baby to play with.
The drum and the drum-stick, the household domestic, all together they flew away and they vanished.
Freshen up, flowers, oh freshen for me.
A measure and a half measure, and elephant's chains and earrings, who goes under the flower tree beneath which the elephant passes?
It is no one at all, it is no one at all; it is the Kuttikat baby god; when we went forth to pluck of ripe fruit, a mischievous urchin sprang up and bit us.
With bitten foot when we went to the Brahmin's, the Brahmin lady, we found, had been injured.
With bitten foot then we went to the house of Edathil, whose lady with fever lay stricken.
Freshen up, flowers, oh freshen for me.

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At noon of Attam day a bamboo fresh sprouted, and therewith we made us a good fish trap.

And when to the tank a fishing we went, we baited a minnow.

By its tail did we hold it, on the *bund* did we dash it, and of cocoanuts, with milk full, eighteen we ground.

With elephant pepper we dressed it; with asafœtida we filled it, right up to the elephant's head.

Freshen up, flowers, oh freshen for me.

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Having set out at dawn to gather blossoms, the little children return with their beautiful spoils by 9 or 10 A.M.; and then the daily decorations begin. The chief decoration consists of a carpet made out of the gathered blossoms, the smaller ones being used in their entirety, while the large flowers and one or two varieties of foliage of differing tints are pinched up into little pieces to serve the decorator's purpose. This flower carpet is invariably made in the centre of the clean strip of yard in front of the neat house. Often it is a beautiful work of art accomplished with a delicate touch and a highly artistic sense of tone and blending. Among the flowers that contribute to the exquisite design may be named the common red, as well as the rarer variegated, lantana, the large red shoe flower *(Hibiscus rosa sinensis)* an indispensable feature of the cultivated vegetation in a Malayali's homestead, the yellow marigold, the yellow aster, the scarlet button flower, the sacred *tulsi (Ocimum sanctum)*, the wee, modest *thumber* (a vermifugal member of the Nepetæ tribe), the common *tagara* (yellow wild Cassia), the beautiful bluebell, and another common species of Cassia which the natives call the "Ônam flower." In addition, various little violet and purple wildlings that adorn the margins of rice fields, and beautiful specimens of the lily and allied orders of tropical plants are requisitioned by the weavers of these remarkably handsome, but, alas, quickly perishable, carpets. The carpet completed, a miniature pandal, hung with little festoons, is erected over it, and at all hours of the day neighbours look in, to admire and criticise the beautiful handiwork. This object is peculiar to the naturally well favoured province of Kéralam; and it serves to remind us that the people who possess the refined taste to produce such a pretty work of art must have long enjoyed a very high order of civilisation."

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It has been noticed already under description of Nambûtiri Brahmans (Bulletin, Vol. III, No. 1), that the cloths given as "Ônam presents" are yellow, or some part of them is yellow. There must be at least a yellow stripe or a small patch of yellow in a corner, which suggests a relic of sunworship in a form more pronounced than that which obtains at present. It is a harvest

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754 persons have the evil eye by nature. Potta Kannu, blind eye it is called. A person having the evil eye may, while *thinking evil*, infect man, woman or child by simply looking at them. Those who have the evil eye are generally women: men rarely. The cause is in the eye itself. No evil spirit is in any way connected with it. A woman may affect her own child. A person having the evil eye, looking at a beautiful or a healthy child, will affect it without intending to do so. The injury done through the eye is often unintentional. The power of the eye to do mischief is altogether beyond the volition of its possessor; but it is excessively virulent when mischief is really intended. Colour of the eye matters nothing. Nor is possession of the evil eye confined to [564] any caste. He knew a Nambûtiri who had it. The effect of it on a child is that it becomes lean, feverish, loses its well-favoured appearance, and cries in its sleep. Men and women suffer from headaches and pains in the limbs. Animals are disposed to lassitude and eat little. Cows will not give milk.

791 The Malayan drives away all these unpleasant ail-
755 ments by invoking an evil spirit Vudikandan by name:
[776] male, having no wife. By means of magic he *forces* Vudikandan to do what he requires of him. But how? The process he would not tell. It is secret. That is, all but the drumming. No one outside the Malayan caste may be initiated into the fearsome mysteries. The spirit Vudikandan is used for no other rite. The Malayan also drives out evil spirits.

755 Châtu presented me with a mantram, a magic verse,
[824] written with a style on a cadjan leaf, the common
[212] stationery of Malabar, and told me that whenever any part of my person becomes affected by the evil eye, I should whisper the mantram over a piece of string and tie the string round my leg, or other limb or part of the body which suffers, and cure will take place instantaneously.

He works by day: never by night. A whole day is occupied in driving away injury through the evil eye in a bad case. He need not be starving; in fact has a good meal before he begins. The generous Châtu presented me also with a couple of mantrams such as would cure an easy case of harm through the evil eye, and explained their use.

[539] (1) "Ôm: Namo: Bhagavatôm Sriparamêsvaranûm Sri Pârvati yum Pallivêṭa Nâyaṭinnâl Ezhunellumpôl Sri

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Pârvati kê kannêru dôsam undâî Srî Paramêsvaran Srî Pârvati ute kannêru dôsem Tîrtâtu pôlê Tîrnupôka Svâmi en guruvînâna." 755 539

(I prostrate myself to Bhagavati. When Sri Paramesvaran and Srî Parvati went hunting, Srî Parvati was under the influence of the evil eye; Srî Paramêsvaran then put away this influence. I swear by my guru.)

(2) "Ôm Pêpûti Vôrrûpôti Yerrîkâ Swâhâ Yên Guru Vinâna."

The meaning of this is not clear. "Ôm"=I. "Yerrîka"=burnt. "Swâhâ" (used as a verb)=devour. "Guru Vînâna"=by the guru or teâcher. But in mantrams the word guru invariably means the deity.

Mantram (1) is whispered on sixteen grains of rice: on each grain separately, not on all together. As the mantram is whispered on each grain, the grain is placed in oil. When the sixteen grains have been placed thus in the oil, it is stirred while the mantram (2) is repeated sixteen times. The magician then hands this oil in silence to the person who has been injured by the evil eye. The person receives it also in silence, and rubs it over his head. No word is spoken until he has finished. 755

Fear of harm from the evil eye is very general. At the corner of the upper story of almost every Nâyar house near a road or path is suspended some object, often a doll-like hideous figure, on which may rest the eye of the passer by. And of course in every field some object is erected for the same purpose. 754 789

Magic such as is practised by the Malayan, or the Panikkar, is quite fair and above-board. It is, as a rule, all for good: never for harm. Nearly every misfortune, bodily ill or ailment, and even death is caused by some malignant spirit or through its agency, and the warlock has business everywhere relieving people from their oppression. I feel perfectly safe in saying that every Nâyar believes in magic through and through. No matter what his collegiate course has been, no matter how full of knowledge such as the West can give him, no matter how thrilled he may be by the higher Hinduism which condemns it altogether, he believes in magic as the cause of ills, and he believes in magic for removal of these. It is the last resource always, and the most powerful means in the hands of man. What are medicines, what is all our western science compared to it! The Nâyar will not, I trust, be offended by these remarks, which after all mean nothing more than that he [777] [753] [761]

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the child was well again. With this idea of evil eye is bound up what is known as *Kari-Nakku*, or black-tongue. When a man with *Kari-Nakku* utters anything it has effect at once. When the evil eye and *Kari-Nakku* are combined, then it has "much *orenda*" as an Angotkin would say. If your newly built house is looked upon with an evil eye and some good expression used by such a man about it, a lightning might set fire to it and destroy it the same night. If your mango tree is full of fruit this year and a man with an evil eye and *Kari-Nakku* looks at it and says "how fortunate," it might happen that for years to come it would bear no more fruit. If an envious woman, aroused by the green-eyed monster of jealousy, remarks how pretty a girl is, her hair might begin to fall off, her colour might fade, her cheeks might lose their bloom.

The fact to notice with regard to this is that you have to say complimentary things to effect evil. If you said how ugly a pretty girl is it would not affect her. You must say, out of your heart, how beautiful she is and then it might have effect. Everything is supposed to depend on whether it is said with or without design. If anything is said with design there would be no effect. Only when such exclamation comes out of the heart has it the power to do evil.

Koti.—Another evil-working power is *Koti*. The word literally means desire, but as an evil force it works only when a hungry person sees a rich and healthy fellow eating a good meal. If a poor man sees you eat, and his mouth waters at the delicacies before you, you are sure to suffer from his *Koti*, you will get stomach-ache and even dysentery. It is the particular look of the hungry man that has the evil effect. When once a man begins to suffer from another's *Koti* the only way to get over it is to eat some salt over which some *mantrams*, or magical formulæ, have been repeated.

The tabus which are prevalent among the Nāyars are too many to be described in detail here. A few examples will show how, even in the most important matters, life is regulated in primitive society. The reason for such prohibitions, as M. Reinach points out, is to live at peace with the spirits that are supposed to surround you.

You are prohibited from eating your food at dusk. It is supposed to be an awful sin, because everything is considered to be in "a state of suspended animation" in the very short period which marks the transition from a hot tropical day to a cool and breezy night. You cannot do anything at that time except bathe or pray. There are tabus on what you may do on particular days of the week:

> "*Ezuncha Kulichalum*
> *Vyazcha Kulikkaruthu.*"

This is a typical example of the Nāyar tabu. Its meaning is this: "Even if you have an oilbath on the seven days of the week, don't do it on a Thursday." Though there is no reason assigned for such a prohibition, there is a sufficiency of

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rhyme, and I must say that I never knew anyone who took an oil bath on a Thursday, except people who take it every day.

The tabus extend to the way in which you sleep. You are not supposed to sleep with your body north to south or west to east. The reason, I believe, is that the spirits of the dead are supposed to live in the south and in the east, and if you lie with your head facing them you might become possessed of them.

There are certain days of the lunar month on which no one may start on a journey :

Yama Rudrāki Muppōram
Trikēṭṭu iru ēzhu Naal
Viiaakil vilīyā Bhūmi
Pōkunnakil aran uṛi.

On the seven days presided over by the seven stars thus enumerated, if a land is sowed no seed will sprout, if anyone starts on a journey he will not return.

I remember a curious story connected with this. Some four months before leaving for England I had to see the Inspector of Schools in Travancore to get my Leaving Certificate. The only day available for me was one of these tabu days, and in spite of the protests of everybody else in the house, I set out on my business. When I reached the capital of the state the Inspector of Schools had left on circuit an hour before to the place where I started from. I followed him there, but when I arrived he had left the place, and, as a result of continuous journeying and bad food, I was laid up in bed through a physical breakdown. It was true that if I had not started on that tabu day, but had had the patience to wait for another twenty-four hours the Inspector of Schools would have come to the town where I was living ; it was also true that I came back very ill. Everyone, therefore, took it for granted that all this ill-luck was due to my starting on a bad day. Many are the stories that are told of people suffering great misfortunes due to starting on these bad days, and there is, as M. Reinach would say, " a vast oral tradition of leading cases " connected with it. I daresay my case will go down as a most authentic one, as the facts are undoubtedly true ; only the explanation is doubtful.

Tabus like this can be mentioned without end ; but it is useless to do so, as they all seem to have the same " rationale " : that is, you will break your peace with the world of demons and ghosts that surround you and bring down upon yourself their wrath if you break any one of these rules. Tabu among the Nāyars is essentially an arrangement to keep the ghosts and spirits pacified : for it is clear to them from the tested experience of past ages that to break any of these rules is to challenge those who have power to do them great harm

In whatever is said here, it should be understood that I have tried to eliminate from the Nāyar beliefs those elements which are indubitably Hindu. As I have pointed out at the start, there are a good many devout Hindus among the Nāyars, but it is an interesting fact that the practices and beliefs above described are pre-

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This is mostly due to two reasons: 434 [487] [245]
First of all, there is the joint family system which provides for all the members without distinction. Secondly, every Nāyar family lives on its own plot of ground on which coco-nut palms are grown, which bring in a small but quite comfortable sum.

The standard of life is comparatively high. Among the richer classes it is fairly decent, even according to the higher material standards of Europe, while, among the poorer clases, it never comes anywhere near the uncleanliness, the misery, the unrefined and uncultured barbarism which is the atmosphere of the slum life of the big cities of Europe. Poverty is less disreputable than in civilised communities, and the difference this makes is immense. The peculiarly civilised idea that success is the criterion of intrinsic merit, and that, consequently, failure by itself proves that it was deserved, is almost totally unheard of among the Nāyars. The fact that the individual members of a family have to pool their abilities and, to some extent, their personal incomes, prevents the sharp distinction between the rich and the poor which is so characteristic of societies organised on an individual basis. 511 [613] [182]

Food.—The Nāyars are not vegetarians. Like all Hindus, they do not eat beef, but nothing else is prohibited. Fish is a favourite article of food, and there is an old couplet which sings: 262

"*Kaṭal vāzhakka Kari yuṇṭoru vaka*
Bhaṭa Bhojana maṭu Kooṭiṭilla." [539]

"Then there is a kind of banana of the seas (fish)
And the Nāyars cannot live without it."

There is another couplet, which says:

"There is nothing among the various kinds of food which equals the flesh of a boar."

The Nāyars are great epicures and they cook beautifully. Rice, of course, is the staple food, but milk curds, butter and *ghee* are things of equal importance.

Most Nāyar families have three meals a day. The breakfast, among the poor people, consists of rice boiled with water in the form of a pudding. With it is taken as relishes pickles, fried fish, cooked vegetables, etc. The next meal is at noon. The main course, of course, is rice. The first part of it is eaten with butter, boiled peas, and many other relishes. The second course is fish, vegetables, etc., mixed with rice. The third part is eaten with buttermilk, mangoes, and pickles. The supper at night is also a meal of which rice is the chief part. The thing about it is that, though the main course is the same as porridge among the Scotch, the variety, as well as the taste, of the subsidiary dishes is what makes all the difference. 264 262

Clothing.—The typical Nāyar (male) clothing is the *Mundu*. This is generally 2½ yards long, 1½ yards broad, cloth of fine texture made at Eraniyal, in South Travancore. Nowadays, people wear cotton cloth from Lancashire, while the richer classes go in for Benares silk. 291 184 [439]

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From the *tulsi* are also made rosaries, which, in addition to being an aid to prayers, are also used as ornaments for the neck. Among the trees used for *pújas* or sacrifices are the sandal-wood, the *pálsu* (Butea frondosa), the *rudráksham* (Elæocarpus lanceolatus), the *darbha* (Poa cynosuroides), the *karuka* (Agrostis linearis), the *thumba* (Leucas Indica), *chembarutti* (shoeflower, Hibiscus Rosa sinensis), *erikku* (Calotropis gigantea), *thechi* (Chrysanthemum), and the several species of lotus and jessamine; and of these one and all are extensively used for medicinal purposes.

Folk-tales. The belief in demons and the habit of attributing all that cannot be easily accounted for to supernatural powers, have built up an edifice of folk-tales that would prove of great interest to students of folk-lore, some of which are given below:—

The eclipse is ascribed to the devouring of the sun or moon by the huge serpent Ráhu, and while it lasts, a kind of pollution is observed by the people, for during the period of eclipse, food and drink are supposed to acquire poisonous properties.

People who hear stories of Rámáyana, while lying on their beds, will become blades of grass in their next birth.

Will-o'-the-wisps are accounted for, as lights emitted by a kind of precious stone (*mánikka kallu*) from the mouths of serpents, which, owing to their long life, are believed to have acquired the art of flying. Popular belief is that some serpents have been blowing for ages upon gold, embedded in the strata of the earth, and converting it into precious stones of the nature above mentioned. They keep them in their mouths, and acquire the power of flying in the air, with the stones shining brilliantly when they open their mouths.

When the crow and the fowl were first created, they were asked which they preferred, personal beauty or long life. The fowl preferred the former, and the crow the latter. Hence it is that the crow is said to possess a long lease of life.

The crow is supposed to possess only one eye, though apparently it has two. One eye-ball is said to move first in one socket, then into the other as necessity requires. The story is connected with a strange myth.

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During the exile of Rama, Lakshmana and Sita, they lived chiefly by hunting. One day, when Sita was drying some pieces of flesh, a crow accidentally pecked at one of Sita's ruddy toes, taking it for one of the blood red pieces of meat. She thereupon told her husband about it, who shot an arrow at the crow and blinded it in one eye, and thenceforth its descendants have been blind in one eye.

When the great Rama was constructing the dam across the sea for his large army to cross over to Lanka (Ceylon) to wage war with the *Asura*, Ravana, and to recover his wife Sita, a small squirrel was found working hard without food. This attracted the notice of the great Rama who took pity on him and gently rubbed him on the back with three fingers as a sign of affection, and the impressions thus left became the black and white lines, which the whole species possessed thereafter.

Ari-praivu or the common house-dove has a story told of it. These birds, male and female, are always found in pairs together. Once, it is said, they were quarrelling about a game, and the quarrel ended in the desertion by the male bird of his mate, who recognizing the mistake called for him, and her cries are said to be ever calling out for her mate.

Rain, Thunder and Lightning:—In the aërial regions are huge monsters of extraordinary strength (*Kálaméghattanmár*) who are supposed to possess two horns with the aid of which all the water from the earth is drawn up during the summer, to be spat out in the rainy season at Indra's (Rain God's) bidding. Lightning is caused by the friction of the horns, while engaged in the task of spitting out water. Another version of the story as to the origin of lightning is, that it is caused by the brandishing of Indra's sword, while engaged in ordering the monsters to supply the earth with water.

It is said that a new lobe grows on to the liver of a tiger every year it lives, and therefore by an examination of that organ, the age of the animal can be accurately determined.

Evil spirits are believed to have the power at times of changing men into tigers, such being distinguished by having no tails.

The claws and even the teeth of the tiger are used as charms against witchcraft and the evil-eye. They may frequently be seen set in silver, and worn round the necks of

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[789] children. Tiger's whiskers have also the same efficacy against
[825] demoniacal influence. The flesh is eaten as medicine, while
[757] the skin boiled in gingelly oil and strained into the ear, removes deafness.

539 There is a common belief that, should the nest of a brah-
825 many kite be found, and one of the young ones be attached to it by a string, the squall breaks away, generally leaving a portion of the line attached to the nest as it becomes strong. The
[789] nest which is formed of sticks should then be thrown into a running stream, when, if any of the sticks that compose it float against the current, they will, on being applied to any fetters, cause them immediately to fly into a thousand fragments.

[171] The owl which is an emblem of wisdom in Europe, and the goose that of stupidity, completely change their respective places in the east, the former becoming a symbol of stupidity, the latter that of wisdom.

[787] The hooting of the owl heard at night, has, in all parts of the world and in all ages, been considered ominous of
[763] evil, and is consequently much dreaded. In Cochin, it is generally believed, that the hooting of an owl betokens an impending calamity or even the death of an individual near whose abode its loathsome cry is heard; and so, dwellers in the neighbouring houses at once turn out and drive it away.

824 Jack-o'-lantern:—These are called *Kollykutta Pisichus*
539 (ghosts which emit fire from their mouths), and make their
[776] appearance on the side of tanks, rivers, and marshy places during rainy or foggy nights. They fly away or disappear at the sight of men and are much dreaded by the people.

Preëminent among the trees in the town of Cochin, and towering above all others along the sea-shore and sides of the back-water are the cocoanut palms (cocos nucifera linn), every portion of which, from the leaves to the roots, may be turned to some useful purpose.

[776] There is a tradition that the Raja of Benares, who was a stre-
[643] nuous worshipper of one supreme God, and rejected the custom of making offerings to inferior divinities, became, in course of time, almost equal to the Gods, and created many of the grains now in common use. As his powers increased, so did his ambition, and he meditated creating another species of human beings very superior to anything then existing in the world. But after he had completed its head, the demi-gods became alarmed and

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prevailed on him to cease his work. The head was therefore transformed into a cocoanut which was henceforth to be one of the most useful of all trees in the vegetable kingdom, and was dedicated to Ganésa, the patron of science and learning.

Funeral customs.

The Nayars generally burn their dead bodies, while those of children under two or three years of age as well as those of persons who have died of small-pox or cholera are buried. When a Nayar is at the point of death, the members of the house-hold and friends who may be present, one by one, pour into his mouth a few drops of Ganges or other holy water or *kanji* water, from a tiny cup made of a leaf or two of the *tulsi* plant. While doing this, they hold in the hand a piece of gold or a gold ring and the water is supposed to touch the gold, before it enters the mouth of the dying person. Sometimes, a *fanam* or gold piece is placed in the mouth, and the lips are closed.

As soon as death has taken place, the corpse is removed from the cot or bed and carried to the *vadakkini*, a room at the northern end of the house, where it is placed on long plantain leaves spread out on the floor, and while it is there, a lamp is kept burning both day and night. One member of the family holds the head in his lap, while another the feet in the same way, and here it is that the neighbours come to have a last look at the dead. All the while, the names of gods or sacred texts are loudly recited in the hope that the soul may quit the world with recollections of God which would serve as a passport to Heaven. Immediately death occurs, the members of the house and the relatives assembled there burst out into loud lamentations, announcing the sad event to the caste-men of the village who attend at once. When preparations for the funeral have been made, the dead body is carried to the *nadu-mittam* or central yard of the house, or if there is no central yard, to the front yard where it is again laid on plantain leaves. It is then washed, anointed and neatly clothed, and the usual marks of sandal-wood paste and ashes, as in life, are made. The senior member of the deceased's family along with others including the sons-in-law, daughters-in-law, and all the relatives, place new cotton cloths over the dead, and these are used for tying up the corpse before being taken to the cremation ground. Before removal, another ceremony called *Para Nirakkuka* (filling up *para*, a measure thrice the size of a gallon)